



CHEF OONAGH WILLIAMS

One Taste and You're in Heaven

The Power of Food

Your best medicine or worst poison

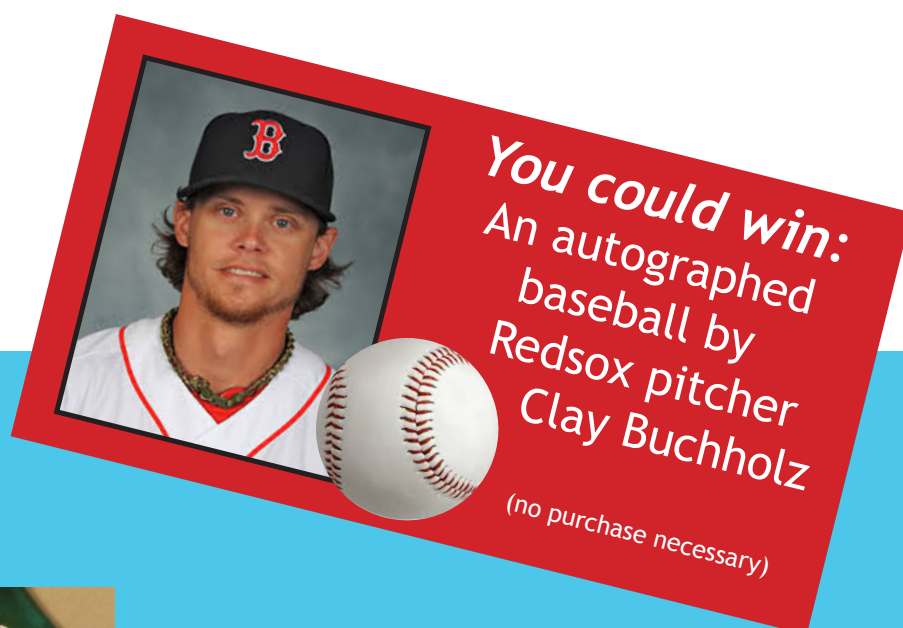
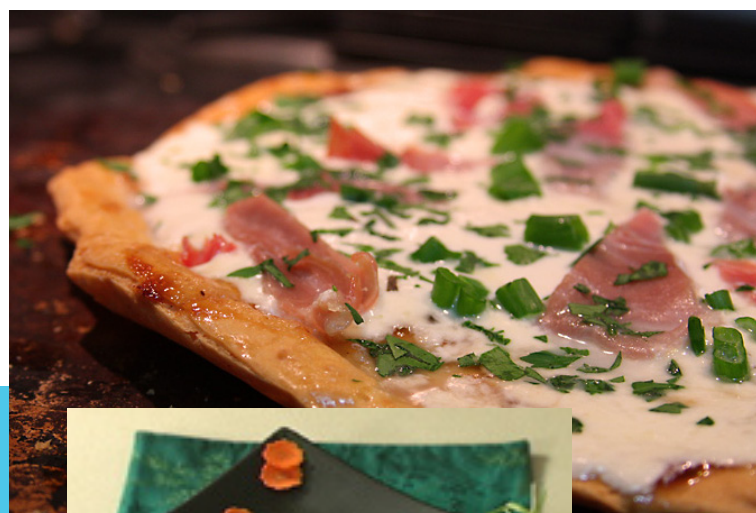
in partnership with Westford Health Department



International and ethnic foods — British, French, Spanish, German, Italian, Lithuanian, Indian, Asian, as well as vegetarian and gluten free.

Thursday Mar. 26, 2015 • Stony Brook School, 9 Farmer Way, Westford
7:00-9:00 pm • FREE Pre-register on-line: www.SustainableWestford.org

Chef Oonagh Williams, who has appeared regularly for many years as the featured Chef on NH's ABC WMUR's Cooks Corner, presents The Power of Food – it can be the best medicine for your body or the worst poison. Chef Oonagh, has a Culinary Arts degree, and always cooks from scratch with real ingredients. She has a deep knowledge of food and presents in a lively, entertaining and informative manner - all with a very British accent.



Chef Oonagh will help you understand how the food you commonly eat can be causing other problems - beyond high cholesterol but including arthritis, headaches, fatigue etc. Chef Oonagh will explain:

- The new FDA proposed food labeling
- Is GMO a good thing?
- Soy and corn everywhere
- How much sugar is too much sugar?
- The new cooking oils, new sugars, new grains, trans fat, hydrogenated fats.
- Is "fat free" and "sugar free" better for you?
- The increasing number of food allergies, not just gluten free.



Chef Oonagh presented this talk at the 40th Annual Gluten Intolerant Group Conference in Atlanta, GA and also at the NH Conference on Aging, both May 2014. Chef Oonagh has also presented several times at the Boston Celiac conferences, the largest Celiac Disease support group in the country.



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